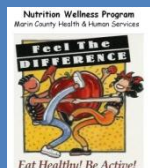




GARDEN EXERCISES FOR GARDEN KIDS

Keeping Fit in the Garden

Introduced by
Roscoe the Garden Kid



This material was produced by the California Department of Public Health's *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information, call 877-847-3663. For important nutrition information visit www.cachampionsforchange.net.



Garden Exercises at the Garden of Eatin'



Welcome! My name is Roscoe
and I am a Garden Kid at the
Garden of Eatin' Project.

We have a big garden at our Early Childhood
Center where children learn how to eat fruits &
vegetables and move to be fit. I stay fit and
healthy by exercising everyday with my friends
and teachers in our garden.

I helped develop a new way for all of us
Garden Kids to stay healthy that's called

GARDEN EXERCISES FOR GARDEN KIDS

HOPE YOU LIKE IT

Love Roscoe



Garden Exercises at the Garden of Eatin'

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Produced by
Roscoe the
Garden Kid

(Thank you activeliving.net
for inspiration)





GARDEN EXERCISES FOR GARDEN KIDS

Why is it good to be physically active?

- Makes you look and feel great
- Gives you more energy
- Good exercise helps kids have good sleep
- Helps you get to and keep a healthy body
- Eating smart combined with playing hard helps kids to run fast
- Helps build and keep healthy bones, muscles, and joints



Roscoe the Garden Kid says: Make sure to tell the children every day why it's good to eat smart and be physically active.



GARDEN EXERCISE IS FUN FOR GARDEN KIDS

Garden Exercise is a fun way to get your daily physical activity.

Garden Exercise is a fun way to build strength & flexibility.

Garden Exercise is a fun way to learn about healthy food choices.

Garden Exercise is a fun way to perform basic movements

Garden Exercise is a fun way to play in the garden.

On your Mark, Get Set, Let's Move.....





Bean Sproutin' Exercise



This exercise is inspired by the
"Green Bean Room" in our garden



Instructions:

1. Stand with your feet a foot apart.
2. Raise up your hands to the top of the bean stalk.
3. Begin Sproutin' by stretching your whole body upwards.

Fruit and Veggie Kid Talk:

Fresh crisp snap-green beans make wonderful snacks anytime. What time of day would you like a green bean snack?



Fruity Flutter-bys Exercise



This exercise is inspired by the butterflies who visit our garden...



Instructions

1. Find a soft place to lie down.
2. Lie on your back.
3. Lift both legs off the ground.
4. Now swing them back and forth.
5. See how long you can do it!

Fruit and Veggie Kid Talk:

Fresh fruit is a yummy anytime food - at breakfast, lunch, dinner or for a quick snack. What is your favorite fruit snack?





Celery Slide Exercise



Instructions:

1. Begin with your hands and feet on the ground.
2. Now place one foot in front of the other.
3. Now switch feet positions as fast as you can.



This exercise is inspired by the hardy never-say-die celery plants growing in our garden.

Fruit and Veggie Kid Talk:

Celery sticks with peanut butter is a yummy healthy snack. Can you make that snack by yourself or do you need Mom or Dad to help?



Beet-in Feet Exercise



Instructions:

1. Stand with your feet a foot apart.
2. Bend your knees.
3. Now start “beetin” your feet up and down on the ground while keeping your knees bent.



This exercise is inspired by tough but tender taste of ruby red beets.

Fruit and Veggie Kid Talk:

*When it comes to eating a rainbow of colors,
the deep red of the beet cannot be beat!
What other fruits and veggies are red?*



Salad Pickin' Exercise



Instructions:

1. Stand with your feet apart.
2. Bend forward at the waist.
3. Reach towards the ground as if you are harvesting.
4. Bend your arms at the elbow.
5. Now pull your arms back and forth and back and forth, and yell out what you are pickin' for your salad.



This exercise is inspired by the tasty fresh greens in our garden.

Fruit and Veggie Kid Talk:

Salads are a great way to eat a rainbow of different colored healthy fruits and vegetables. What vegetables could you put in a salad?



Asparagus Ski Exercise

Asparagus Ski



Instructions:

1. Stand with your knees bent.
2. Swing both arms to the left as you stand, then bend your knees.
3. Now swing both arms to the right while standing then bend your knees.
4. Repeat!



This exercise is inspired by all the fruits & vegetables we have yet to taste.

Fruit and Veggie Talk:

***How many of you have never eaten asparagus?
Can you tell me tell me names of other fruits and
vegetables you have never eaten before? Would
you like to try them someday?***



Toma-toe Stretch Exercise



This exercise is dedicated to the millions of cherry tomatoes that grow in our garden.

Instructions:

1. Stand with your feet together.
2. Step to the left.
3. Bend down with both hands and touch your left toes.
4. Stand up & repeat to the right side.
5. Then repeat to the left.



Fruit and Veggie Talk: Tomatoes are a great vegetable because you can eat them in so many different ways! What are some of the ways you like to eat tomatoes?



Corn Dancin' Exercise



This exercise is inspired by the wind blowing through our corn circles.



Instructions:

1. Stand with feet apart.
2. Raise your left hand and foot like you are grabbing a branch.
3. Then raise your right hand and foot.
4. When you get to the top – let the wind blow your hands like tassels of corn.

Fruit and Veggie Kid Talk:

There are many ways to eat your corn. You can eat it off the cob, by the kernel or even in soup. What is your favorite way to eat your corn?

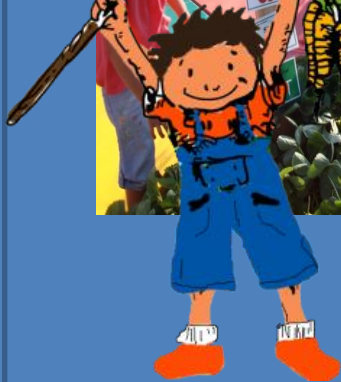


Strawberry Squat 'n' Pick Exercise



Instructions:

1. Stand with your feet a foot apart.
2. Squat down and lean forward.
3. Now reach out one hand at a time as if picking strawberries!
4. Keep eatin' them!



This exercise is dedicated to the Garden Fairy who gives us strawberries every morning.

Fruit and Veggie Kid Talk:

Strawberries are good alone or mixed with other foods! What do you like to mix with strawberries?



Pumpkin Carryin' Exercise



This exercise is dedicated to
BIG PUMPKINS everywhere.

Instructions: (Just Pretend if
you do not have a pumpkin ☹)

1. When in season go to the pumpkin patch.
2. Find the biggest pumpkin.
3. With three of your friends carry it back to class.

Fruit and Veggie Kid Talk:

Kids love big orange pumpkins. What's your favorite way to eat it - Pumpkin soup or maybe Pumpkin Pie , or Roasted pumpkin seeds? What is your favorite thing about pumpkins?



Raspberry Tightrope Walk Exercise



Instructions:

1. Place a 2X4 board on the ground.
2. Have the class line up.
3. Then one at a time have them walk the plank.
4. Remind them to balance so they do not fall off (into the raspberry bushes.) ☺

Fruit and Veggie Kid Talk:

*Do you like eating berries?
Yes, well let's see how many yummy
berries we all can name.*



*The Garden of Eatin' raspberry bed has a narrow "balance beam-like" border – so this is the inspiration for this exercise.



Apple Reach & Stretch Exercise



Instructions:

1. Begin with both hands held high.
2. Reach up with your right hand as high as possible.
3. Now repeat the exercise this time reaching up with your left hand.
4. Repeat!



* This exercise is inspired by the apples at the top of the tree.

Fruit and Veggie Kid Talk:

Fruit frequently grows in trees. Let's see if we can name all the fruit that grows in trees? Which one is your most favorite to eat?



Winter Squash Toss



Instructions:

1. Set out a row of Winter Squashes a couple of feet apart and 5 feet from the toss line.
2. Using five 12-inch rings have the children toss the rings over the squash.
3. Every time a squash is ringed – the child names that squash!
4. Repeat until all the squash are ringed and named.



* This exercise is inspired by the 15 different types of winter squash grown in the Garden of Eatin'

Fruit and Veggie Kid Talk:

There are so many different colors, shapes and sizes of winter squash. How many can you name and which ones have you eaten ?



"Hoppy Broccoli to You"



Instructions

1. Have the children hold hands and make a circle.
2. Then have every child face to the left.
3. The children will then hop on both feet – then on the left foot – right foot.
4. Stop and have the children reverse direction and repeat .



This exercise is inspired by 2 year-old little Jackson Adams who would only eat raw broccoli

Fruit and Veggie Kid Talk:

Broccoli is a delicious cool weather veggie. Can you name other veggies that like to grow in cool weather.? What are some of the ways we eat veggies in the winter?



"Melon Balls"



*This exercise is inspired by the beautiful round shape of the many different varieties of melons grown in the Garden of Eatin'

Instructions



1. Have the children form a single line in a soft grassy play area or on one edge of a tumbling mat.
2. Let the children call out which type of melon they want to be, then have them somersault straight along the ground or on the mat, rolling just like a melon!
3. On the return to their original positions, ask the children to pretend to be a different variety of melon and again, somersault in as straight a line as possible.

Fruit and Veggie Kid Talk:

Melons come in many colors – What melon is Red? White? Orange? Yellow? Which one is your favorite to eat for breakfast?



"Peas on a Vine"

Instructions



1. Set up cones or other markers for the children to move around. Allow enough space between them so that children don't run into each other when winding around them.
2. If you like, put some lively music in your boom box to dance to!
3. Have the children form a conga line, hands on the shoulders of the child in front of them.
4. Lead the children in a winding dance around the cones, pretending to be pea vines twirling around a trellis!



•This exercise is inspired by the amazing little pea plant that survives the cold and frost of winter to give us tasty pods.

Fruit and Veggie Kid Talk:

Sugar snap peas are the perfect no-fuss snack. What other fruits and veggies are great anytime snacks?



“Spinning the Spinach “



Instructions

1. Children stand apart with plenty of space between them.
2. First have the children pretend to drop lots of wet spinach leaves into the salad spinner with large swings of their arms.
3. The children then spin – spin - spin around like salad spinners until their “spinach” is dry!



* This exercise is inspired by watching garden kids at the Garden of Eatin' picking, washing and spinning their own garden salad makings.

Fruit and Veggie Kid Talk: When you are making a salad, what other vegetables can you use a salad spinner to dry?



“Raisin to the Sun”



* This exercise is inspired by kids' love of those little boxes of raisin snacks!



Instructions

1. The children stand apart.
2. They breathe in slowly while they raise their arms up with elbows bent over head gathering in the sun.
3. Then slowly exhaling and dropping their arms, they draw them close to their body – dropping their chins – bending at the waist – rolling themselves up like little raisins in the sun.
4. Repeat!

Fruit and Veggie Kid Talk: Dried fruit is a great “sometimes” treat. When is it a good time to eat dried fruit?



“Persimmon Reach ‘n’ Plop”



Instructions

1. First, lead the children in reaching high up into the persimmon tree to pick a fruit on a top branch.
2. With their arms stretched upward in a V shape, have them sway back and forth as the wind blows through the branches.
3. Oooops! The fruit the children were picking dropped onto the ground! Have the children crouch at the knees with fingers on the ground.
4. The children then leap forward three times as the fruit moves along on the ground.
5. Then they PLOP onto the ground where the “persimmon” comes to rest!



* This exercise is inspired by the last persimmon hanging on a tree, devoid of leaves in mid-winter ready to go plop!

Fruit and Veggie Kid Talk:

Persimmons are orange. Can you name for me five other fruits and veggies that are orange?



“Doin’ the Guacamole”

(To the tune of the “Macarena”)



This exercise is inspired by the wonderful ^{*}taste of garden fresh hand made guacamole with cilantro.

Instructions

1. Queue up your music and tell the children we’ll be making QUACAMOLE! Teacher will call out the ingredients and lead the children in the steps.
2. To mash the avocado, have them STOMP their feet.
3. Squeeze in the lime juice by making SQUEEZING motions with arms outstretched while WIGGLING the hips.
4. KARATE CHOP the tomatoes and cilantro.
5. THROW the chopped veggies into the big bowl!
6. Keeping both hands together, STIR the guacamole with large stirring movements of the arms and swaying hips. Dip and eat 😊

Fruit and Veggie Kid Talk:

Guacamole is a great dip – name some vegetables that make a good snack for dipping into the guacamole.



"The Carrot March"



*This exercise is inspired by the strong, straight growth of the carrots in our garden!

Instructions

1. To start, have the children stand in a line facing outward.
2. Next, have the children lock their elbows and knees in a straight position and march "across the field" to a line the teacher has designated as the stopping point.
3. On the return to their original positions, have the children keep their arms straight, but walk with their knees high.
4. Next, have the children keep legs straight, but elbows bent, and march "across the field" as in #2 above.
5. Finally, have the children return to their original positions marching backwards with knees bent and arms straight!

Fruit and Veggie Kid Talk :

Carrots grow under the ground. What are some other veggies that grow under the ground?